

Swimmer

Name: EYAL SCHACHNER Gender: M Age: 47 Resides In: Givatayim, Israel

Support Personnel

Pilot name(s): Lior Elizahu Vessel: Reef Port: EIA GEV

Crew names & roles: Dalit Capri Schachner - Support / Gady Benjamin - observer
Fabrice Beer - Gabel - observer

Swim Details

Date: 22/03/19 Body of Water: Lake Location: Sea of Galilee

Route description: Length Crossing South to North from Tsemach beach to Amnon Beach

Swim distance: 20.5 km Start time: 06:36 Finish time: 13:14 Elapsed: 6:40h

List any "first" or record claims: —

Rules & Conduct

Feeding (substances & frequency): One Gel every 1/2 hour, 400ml water with 60 hydration tabs every hour.

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

Swim Cap
Goggles
Swim suit

List any modifications of MSF Standard Swim Rules:

—

Observer: Fabrice Beer-Gabel

Email or Phone:

+972-54-2468264



I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

22.03.2019

Swimmer(s)

Eyal Schercher
Guy Cohen

Observer(s)

Swim Description

Page

of

of

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
06:36	N 32.43.682	35.36.106	17/20	—	54	
07:06					52	feed - Gel
7:36	32.43.930	35.35.875			52	feed - gel + GU drink
8:06	32.45.041	35.35.774			52	feed - Gel
8:36	32.45.846	35.35.607			52	feed - Gel + GU drink
9:06	32.46.745	35.35.631			52	feed - Gel
9:36	32.47.543	35.35.635			52	feed - Gel + GU drink
10:06	32.48.355	35.35.645			52	feed - Gel
10:36	32.49.355	35.35.625			50	feed - Gel + GU drink
11:06	32.49.875	35.35.938			52	feed - Gel
11:36	32.46.598	35.35.934			48	feed - Gel + GU drink
12:06	32.52.619	35.36.344			48	feed - Gel
12:36	32.52.420	35.35.759			48	feed - Gel + GU drink
13:14	32.52.420	35.35.759				Finish

Eyal

Swimmer

Name: GUY COHEN Gender: M Age: 54 Resides In: SHEFAYIM, ISRAEL

Support Personnel

Pilot name(s): LIOR ELIYAHU Vessel: REEF Port: EIN-GEV

Crew names & roles: GADY BENJAMIN - observer / DALIT CASPI SCHACHNER - crew support
FABRICE BEER GABEL - observer

Swim Details

Date: 22-March-2019 Body of Water: Lake, fresh water Location: Sea Of Galilee, ISRAEL

Route description: Length Crossing South to North from Zernach to Amnon beach

Swim distance: 20.5 km Start time: 6:36 AM Finish time: 1:16 PM Elapsed: 4:40

List any "first" or record claims: —

Rules & Conduct

Feeding (substances & frequency): energy Gel every 30 min & 1/2 L. Carb drink / Hour

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

Swim cap x1 regular Swimsuit (speedo)
Goggles x1

List any modifications of MSF Standard Swim Rules:

none

Observer: Gadi Benjamin

Email or Phone:

+972 522599281

gadiben2005@gmail.com



I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

22-March-2019

Swimmer(s)

GUY COHEN
EYAL SCHACHNER

Observer(s)

GADI BENSAMIN
FABRICE BEER-
GABEL

Swim Description

Length Crossing
Sea of Galilee
S. to N.

Page 1 of 1

GUY COHEN

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
6:36	N 32° 43.692	E 35.36.106	17°/20	-	58	78 ³⁰ n71
7:06					64	feed gel x1
7:36	32.43.919	35.35.875			63	feed gel + drink 1/2 L.
8:06	32.45.041	35.35.777			68	gel x1
8:36	32.45.846	35.35.607			67	gel + drink 1/2 L.
9:06	32.46.778	35.35.631			68	gel x(2)
9:36	32.47.573	35.35.635			65	gel + drink 1/2 L.
10:06	32.48.355	35.35.645			68	gel x(2)
10:36	32.49.355	35.36.325			64	gel + drink 1/2 L.
11:06	32.49.875	35.35.938			68	gel x(2)
11:36	32.46.598	35.35.934			64	gel (2) + drink 1/2 L.
12:06	32.52.619	35.36.344			60	gel (x2)
12:36	32.52.620	35.35.759			60	drink + gel (2)
13:14	32.52.920	35.35.759	20°C			finish Dist. = 21.02 n7N [Calm sea / No current] No WIND